BORN–STEINER IRRITABILITY SCALE: SELF-RATING

Please mark "x" in the box beside each item that best describes how you have been feeling <u>in the past week</u>:

		Not at all	A little or some of the time	Often	Most or all of the time
1.	I have been feeling mad	☐	☐	☐	☐
2.	I have been feeling ready to explode	☐	☐	☐	☐
3.	I have yelled at others	☐	☐	☐	☐
4.	I have been irritable when someone touched me	☐	☐	☐	☐
5.	I have been easily flying off the handle	☐	☐	☐	☐
6.	It feels like there has been a cloud of anger over me	☐	☐	☐	☐
7.	I have been rather sensitive	☐	☐	☐	☐
8.	I have been quick to criticize others	☐	☐	☐	☐
9.	Noises have seemed louder	☐	☐	☐	☐
10.	I have been getting annoyed with myself	☐	☐	☐	☐
11.	I have been so angry that I lost control	☐	☐	☐	☐
12.	There has been a flood of tension through my body	☐	☐	☐	☐
13.	I said nasty things to others that I did not mean	☐	☐	☐	☐
14.	It took very little for things to bother me	☐	☐	☐	☐

Please draw a vertical mark on each line as shown in the example:

not at all |----------|---------- I extremely

In the past week, how has feeling IRRITABLE affected your:

15. • Relationships with family?

not at all |---------- I extremely

16. • Daily activities?

not at all |---------- I extremely

17. • Ability to deal with frustration?

not at all |---------- I extremely

18. • Self-esteem?

not at all |---------- I extremely

19. • Social relationships?

not at all |---------- I extremely

20. *How would you rate yourself AT THIS MOMENT?*

not at all irritable |---------- extremely irritable

21. *How would you rate your USUAL SELF?*

not at all irritable |---------- extremely irritable

Answer key: 0 = not at all; 1 = a little or some of the time; 2 = often; 3 = most or all of the time
Maximum score = 42
Thresholds: 1–14 = mild irritability; 15–28 = moderate irritability; 29–42 = severe irritability